

CLAIMS

1. A food composition for recovery from fatigue, comprising an extract of migratory fish as an effective ingredient.

2. The food composition for recovery from fatigue according to claim 1, comprising, in addition to the extract of migratory fish, at least one additive selected from the group consisting of other nutritional components, anti-fatigue components, taste-improving components, diluting components, bacteriostatic components and coloring matters.

3. The food composition for recovery from fatigue according to claim 1 or 2, wherein the migratory fish is fish belonging to *Perciformes Scombrina*.

4. The food composition for recovery from fatigue according to claim 1 or 2, wherein the migratory fish is bonito.

5. The food composition for recovery from fatigue according to claim 1 or 2, wherein the migratory fish is tuna.

6. The food composition for recovery from fatigue according to claim 1 or 2, wherein the extract of migratory fish is an extract that is extracted from a cooked broth of bonito meat or/and tuna meat.

7. The food composition for recovery from fatigue according to claim 1 or 2, wherein the extract of migratory fish is an extract that is obtained by enzymatic hydrolysis of a cooked broth of bonito meat or/and tuna meat.

8. The food composition for recovery from fatigue

according to claim 1 or 2, wherein the extract of migratory fish is an extract that is obtained by heat-concentrating a cooked broth or/and a steam-cooked broth of bonito meat and/or tuna meat.

9. The food composition for recovery from fatigue according to claim 1 or 2, wherein the extract of migratory fish is an extract that is obtained from a brew produced by brewing by-products from fish processing of bonito and/or tuna, including heads, entrails and/or abdominal skins, with the use of *koji* mold after mincing the by-products.

10. A food composition for recovery from fatigue, comprising, as an effective ingredient, a mixture of nutritional components, said mixture comprising (a) a total of 294 mg or more of nitrogen-containing compounds such as peptides, proteins, amino acids, and the like derived from a bonito extract or/and a tuna extract, or (a') 4 mg or more of each of the amino acids consisting of taurine, asparatic acid, threonine, serine, glutamic acid, proline, glycine, alanine, valine, methionine, isoleucine, leucine, tyrosine, phenylalanine, lysine, histidine, anserine, carnosine and arginine (76 mg or more in terms of a total amino acid amount); (b) a total of 55 mg or more of the organic acids consisting of lactic acid, citric acid, malic acid and succinic acid; (c) 1 mg or more of nucleic acid-related compounds; and (d) a total of 16 mg or more of mineral components such as NaCl and KCl, at a ratio by weight of, when the amino acid amount is defined as 1, from 0.5 to 2 of the organic acid, from 0.001 to 0.5 of

the nucleic acid-related compound and from 0.02 to 2 of the mineral components.